



# BOOKS: MEET THE MAN IN THE SPEEDO, ROB DELANEY

THE BREAKOUT STAR STANDS UP FOR COMEDY'S NEW PLATFORM. PAGE 29

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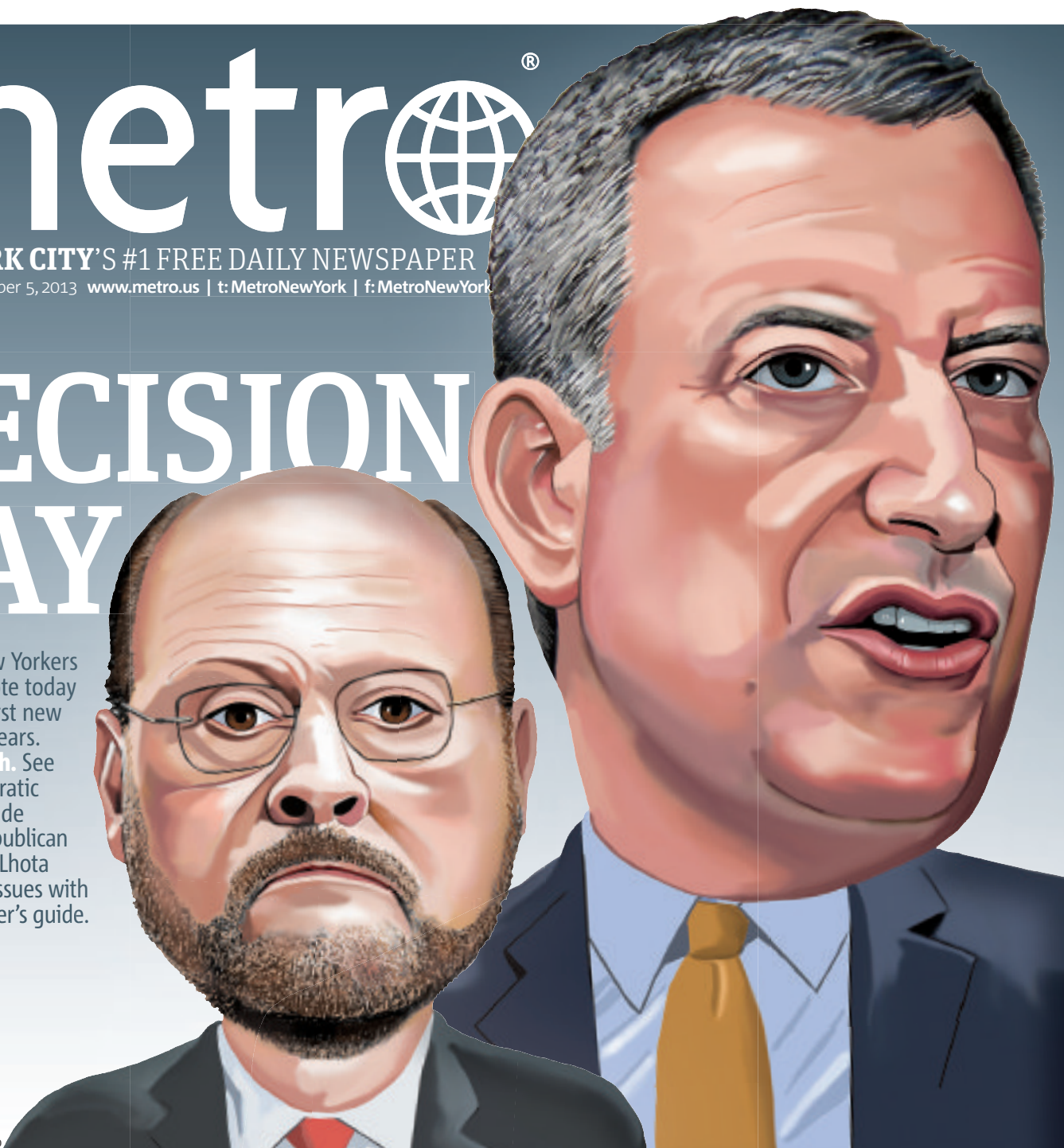
NEW YORK CITY'S #1 FREE DAILY NEWSPAPER

Tuesday, November 5, 2013 [www.metro.us](http://www.metro.us) | t: MetroNewYork | f: MetroNewYork

## DECISION DAY

**New era.** New Yorkers will go and vote today to elect the first new mayor in 12 years.  
**Fighting finish.** See where Democratic candidate Bill de Blasio and Republican candidate Joe Lhota stand on the issues with our handy voter's guide.

PAGE 02



BILLY BECERRA, METRO

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November 14

# New Yorkers head to the polls to pick new mayor

**Suffrage.** Voters will elect New York City's first new mayor in 12 years.

After a tumultuous campaign season and two hard-fought primaries, the road to City Hall is almost at an end. Democratic candidate Bill de Blasio, wide ahead in the polls, seems poised for a landslide victory against Republican Joe Lhota. But the votes have yet to be cast.

Metro created this handy guide for still-undecided New York voters.

**ANNA SANDERS**  
anna.sanders@metro.us



Bill de Blasio is running far ahead in the polls. / GETTY IMAGES

## Democrat Bill de Blasio

"We're living a tale of two cities right now. ... This status quo is not acceptable for the long term. It won't help us be strong and great for the future."



Joe Lhota said that New York loves an "underdog." / GETTY IMAGES

## Republican Joe Lhota

"We are one mayor away from unsafe streets, unsafe schools and unsafe fiscal policy. ... Do you want your vote to be safe ... or sorry?"

### Top 3

## Trending online at Metro.us

**1** 'Is there a "Full House" sequel in the works?'

**2** 'VIDEO: Who are Girls' Generation? South Korean stars win big at YouTube Music Awards'

**3** 'Metro Photo Challenge 2013: Global grand prize winners are announced'

### Quoted

"This is your city; its future is in your hands. This is your chance to help shape it."

Mayor Michael Bloomberg on voting today

### Lhota

## Housing

Backs a coalition proposal to build or preserve 150,000 affordable housing units over the next eight years by investing \$8 billion of public funds into the housing sector; would build public housing on sites of under-utilized government-owned properties; review the Department of Buildings to help expedite the permit process for housing with affordable units.

### De Blasio

## Housing

Would require developers to build affordable housing for low- and middle-income families when neighborhoods are re-zoned; "unlock" vacant properties and lots; establish a support program for families at risk of ending up on the street; says his plan would create 50,000 new affordable housing units over the next decade.

### De Blasio

## Policing

Would pass legislation banning racial profiling; reform, not eliminate, stop-and-frisk; supports creation of independent inspector general to monitor NYPD and report to the mayor; drop stop-and-frisk appeal in federal court.

### Lhota

## Education

Supports choice and would double the number of charter schools; would give all children access to universal pre-K without raising taxes;

### Lhota

## Policing

Would continue constitutional stop-and-frisks but boost officer training and increase transparency; continue appeal of the federal stop-and-frisk court ruling requiring reforms; seek to overturn the Community Safety Act.

### De Blasio

## Transit

Pledges to increase bicycling 6 percent by 2020; supports "Vision Zero" approach in reducing serious traffic injuries and fatalities to zero; would invest in transit outside Manhattan, but is against the outer-borough taxi plan.

### Lhota

## Transit

Would cautiously increase bike lanes; try to take control of the MTA's bridges and tunnels to reduce consumer costs; begin a feasibility study to increase the subway system; expand ferry service and Select Bus Service.

### De Blasio

## Education

Would increase taxes for those earning more than \$500,000 to fund universal pre-K and after-school programs for middle-school students; place

less emphasis on charter schools and charge them rent to use public school space; eliminate letter grades for schools and provide progress reports to parents and educators; reduce class size.

### Lhota

## Taxes

Would lower the tax and regulatory burden for families and businesses; decrease property taxes, followed by corporate taxes that create jobs; work to phase out the Commercial Rent Tax; and reform business taxes.

### De Blasio

## Taxes

To fund the universal pre-K and after-school plan, would try to pass in Albany an income tax increase for city residents earning more than \$500,000 annually, from 3.86 to 4.41 percent; would reform tax subsidy program.

### Lhota

## Economy

Would reduce regulations and taxes on small businesses; encourage industry growth with tax incentives; create tech campuses in all boroughs and establish free community college programs to increase worker skills.

### De Blasio

## Economy

Would establish economic development hubs in each neighborhood; overhaul bidding process for government contracts; establish a Job Creation Coordinator; supports requiring a prevailing wage for city contracts.



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NEW YORK

4



Charles Hynes switched parties and became a Republican after he lost the Democratic primary to Ken Thompson. / GETTY IMAGES

## Mud flies in the race for Brooklyn DA

**Tough fight.** The Brooklyn D.A. race has been one of the hardest fought in the city.

The race for Brooklyn district attorney has been from the start fraught with accusations of corruption and hypocrisy.

The vitriol only intensified after the primary election, when incumbent Charles Hynes lost to Ken Thompson and opted to switch parties and run on the Republican ticket.

Hynes has been accused of running racist ads, and was quoted at a

press conference just two weeks ago comparing Thompson, who is black, to a gun dealer, who is also black.

Thompson has also pointed repeatedly to claims that Hynes has been lenient with members of Brooklyn's Orthodox Jewish community.

A former employee of Hynes insisted in an interview a few weeks ago that is not the case, and that Hynes' ability to make inroads in the somewhat insular Orthodox community has enabled his office to reach victims of such crimes who formerly were afraid to come forward.

"I find it incredibly ironic that he's been accused of impropriety in

### No friends

**"He didn't make any friends in the Orthodox Jewish community by prosecuting high-profile folks in that community."**

Michael Weinstock

the Jewish community because what he did was actually groundbreaking," said Michael Weinstock, a criminal defense lawyer who credits Hynes with giving him his start at the D.A.'s office.



**DANIELLE TCHOLAKIAN**  
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## Bronx. Suspects, one in rainbow clown wig, assault man on train

One suspect donned a rainbow clown wig and another wore a black do-rag when police said they assaulted a man and attempted to stab him with a screwdriver on a subway train in the Bronx on Saturday.

Police said the two men approached the 45-year-old victim on a D Train at the East 170 Street/Grand Concourse Station about 2:35 p.m.

One suspect, wearing a blue shirt, blue jeans and

black do-rag, punched the man in the face. Police said the second suspect, wearing a white tank top, multicolored shorts and a clown wig, tried to stab the victim with a screwdriver.

The suspects then fled in an unknown direction. Police said the victim sustained minor injuries.

Cops ask anyone with information to call the NYPD's Crime Stoppers Hotline at 800-577-TIPS.

ANNA SANDERS

# Cops help deliver baby near Holland Tunnel

**Healthy.** The officers helped with the birth when the Brooklyn mom went into labor.

Port Authority Police officers helped a Brooklyn mother deliver a baby girl near the Holland Tunnel during rush hour Monday morning.

Borough Park residents Kai Tang and Ying Chen were driving from Philadelphia to their local doctor when Chen went into labor.

Tang pulled over their Nissan about 50 feet from the New Jersey Holland Tunnel entrance around 6:45 p.m. and waved over two Port Authority cops.

Officers Catherine Prior and Luis Alvarado provided first aid and requested an



Kai Tang and Ying Chen with Port Authority Police Officers Catherine Prior and Matthew Smith at the hospital. / PAPD

### Team effort

A commander lieutenant and sergeant coordinated emergency efforts at the scene of the birth before medical personnel arrived.

ambulance through their radio. Responding to the scene, Officer Matthew Smith, a certified EMT, obtained an obstetrical kit and oxygen from the Port Authority booth.

After delivery, Smith clamped and cut the newborn's umbilical cord and

secured the placenta for transportation to Jersey City Medical Center.

Chen, 21, and her newborn daughter are in good condition.

ANNA SANDERS  
anna.sanders@metro.us

### Tight place

## NYU student stuck between buildings for 36 hours

A 19-year-old NYU student who had been missing since Saturday

was rescued from a tiny space between two buildings where he was trapped for 36 hours.

Firefighters reportedly rescued Asher Vongtau from a 2-foot-wide shaft between buildings on Sunday. LAURA SHIN

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## Top cop. Who will be the next NYPD police commissioner?

The two leading mayoral candidates have thrown around several names for their potential police commissioner picks.

Democrat Bill de Blasio has made opposition to current Police Commissioner Ray Kelly a major point of his policing platform since about January, when he was quoted saying, "I have a lot of respect for Ray Kelly, but it's not time for hypotheticals yet."

Since then he's been very clear that Kelly will be a free agent come January, should he win.

In July, he mentioned former Police Commissioner Bill Bratton as a possible choice, as well as current Chief of Department Philip Banks III, the highest-ranking uniformed member of the NYPD. Republican Joe Lhota has also expressed interest in a potential Commissioner Banks.

### New faces?

Bill de Blasio and Joe Lhota have mentioned several names to replace Ray Kelly.

- De Blasio has made it clear he would replace the current NYPD commissioner.
- Joe Lhota has said he might ask him to continue running the police force.

Lhota has praised Kelly, and said if he were interested the job would be his for the taking.

But should Kelly be interested in moving on, Lhota has named First Deputy Commissioner Rafael Pineiro, Deputy Commissioner Patrick Timlin and Banks' predecessor Joseph Esposito as persons of interest.

**DANIELLE TCHOLAKIAN**



## Snow leopard cubs make debut at zoo

Two adorable snow leopard cubs made their debut at the Wildlife Conservation Society's Central Park Zoo on Monday. The male and female cubs were born this summer — the first of their kind born at the zoo. They both weigh about 30 pounds but will reach between 65 and 120 pounds. The cub's mother, Zoe, 7, and father, Askai, 6, are first-time parents. The snow leopards came to Central Park in 2009. / JULIE LARSEN MAHER, WILDLIFE CONSERVATION SOCIETY

### Inwood crime

## Man found stabbed to death inside apartment

Police are investigating after a 57-year-old man was found stabbed to death inside a Manhattan apartment Sunday.

Hipolito Perez was found by police at about 8:45 a.m. inside 76 Vermilyea Ave. in Inwood.

He was unconscious and unresponsive with stab wounds to the chest and neck, police said.

Perez was pronounced dead at the scene inside of the apartment.

A source told The New York Daily News that the man was found in a bedroom and had a knife in his hand.

No arrests have been made in the case so far and the police investigation is still ongoing. **LAURA SHIN**



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The study didn't look at when girls started getting their periods, or at other measures of puberty. / COLOURBOX

## US girls keep hitting puberty at earlier age

**Danger.** Researchers said maturing at a younger age could come with long-term risks for some girls.

Girls are developing breasts at younger and younger ages, a new study confirms. And upward trends in childhood obesity seem to be playing a major role.

Researchers found African-American girls started getting breasts just before they turned 9, on average. Among white girls the average age was about 9 and a half — a few months ear-

lier than in the 1990s.

The findings "confirm an ongoing downward trend in pubertal timing among U.S. girls," said Dr. Anders Juul.

"It's been worrying for the U.S. as well as the rest of the world," Juul said. He heads the Department of Growth and Reproduction at Rigshospitalet in Copenhagen, and wasn't involved in the new report.

At each visit, staff assessed breast development using Tanner stages, which measure how far along a young person is in puberty.

African-American girls first showed signs of breast development at 8 years, 10 months, on average. That's

### The study

# 1,200

The results come from a long-term study of more than 1,200 girls in and around San Francisco, Cincinnati and New York City. Girls were enrolled in the study between ages 6 and 8, and followed with annual or semi-annual visits.

### Quoted

**"It's been worrying for the U.S. as well as the rest of the world."**

Juul

compared to 9 years, 4 months among Hispanic girls and 9 years, 8 months among white and Asian girls.

For white girls, puberty hit about four months earlier than in a 1997 study that also measured breast development. That study concluded girls were entering puberty earlier than in the past.

Heavier girls tended to start developing at younger ages. Rising obesity rates seem to be a "prime driver" behind breast development starting earlier, according to Dr. Frank Biro and his colleagues in a report published in the journal *Pediatrics*. **REUTERS**

### Clinics

## Abortion-rights groups ask Supreme Court to halt Texas law

Groups opposed to new restrictions on abortion in Texas filed an emergency request with the Supreme Court on Monday to halt part of a law that prompted a dozen clinics in the state to stop performing the procedure.

The move is the latest step in a legal battle between the Republican-dominated state government of Texas and supporters

of the right to abortion over the law that imposes some of the toughest restrictions in the United States.

U.S. Supreme Court Justice Antonin Scalia gave attorneys for the state of Texas until Nov. 12 to respond to the emergency request to halt a key provision in the law, according to court documents.

The provision requires doctors who perform abortions to have admitting privileges at a hospital within 30 miles of the facility in case women have complications. **REUTERS**

## Law. Court lets stand ruling throwing out 'abortion pill' limits

The U.S. Supreme Court on Monday left intact a state court decision invalidating an Oklahoma law that effectively banned the so-called abortion pill RU-486, with the justices deciding to sidestep a potentially contentious case.

The high court had been waiting for the Oklahoma Supreme Court to clarify a December 2012 ruling that had voided the law before deciding on whether to rule on



RU-486 / GETTY IMAGES

the case. Last week, the state court issued a new opinion explaining its reasoning in more detail.

The U.S. high court's latest action means the Oklahoma Supreme Court ruling is final. **REUTERS**





## Stock. Twitter boosts IPO range amid strong investor demand

Twitter Inc. raised the top end of the price range for its initial public offering by 25 percent and will close its books a day early, signaling strong demand for the most closely watched Silicon Valley debut since Facebook last year.

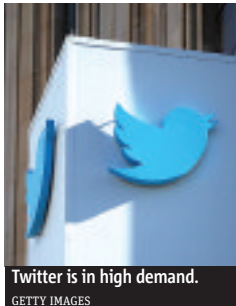
Amid a red-hot market for IPOs and soaring equity markets, Twitter raised its price range to \$23 to \$25 per share on Monday, from a previous \$17 to \$20.

The microblogging network, which has yet to turn a profit, kept the size of the offering at 70 million shares. That means it will raise up to \$2 billion if the overallotment option of 10.5 million shares is exercised.

### New pricing

# \$13.6B

The new pricing would value the company at up to \$13.6 billion, or about 12.5 to 13.6 times forecast 2014 revenue of \$1 billion, according to eMarketer. Both Facebook and LinkedIn trade at about 12 times forecast 2014 revenue.



Twitter is in high demand.  
GETTY IMAGES

Several equity research analysts said they expect Twitter shares to rise after they begin trading, with some setting their one-year price target as high as \$52.

"We would participate within the \$23-\$25 range, albeit, simple math would dictate that management should price at the bottom-end of the new range," BTIG's Richard Greenfield said in a note Monday after the price was raised.

Twitter's IPO is fully subscribed, meaning it has attracted more than enough investor interest, according to a source familiar with the offering.

REUTERS

### Italian firms

## Italy eyes 'Google Tax' to help fix public finances

Italy's largest ruling party has proposed legislation to raise government revenues by making it more expensive for multinational online companies like Google,

Amazon and Yahoo to do business there.

A bill tabled by the center-left Democratic Party (PD) aims to raise at least 1 billion euros through a law, dubbed the "Google Tax," obliging companies that advertise and sell online in Italy to do so only through agencies with a tax presence in the country. **REUTERS**

### Anonymous

## Singapore on alert for cyber attacks after websites hacked

Singapore's government has been put on heightened alert for cyber attacks after people claiming to be from the international hacking collective Anonymous defaced several websites in

the city-state and threatened further action.

"Government agencies have been on heightened vigilance and have enhanced the security of their IT systems in response to the declared threats against the government's ICT infrastructure," the Infocommunications Development Authority of Singapore said. **REUTERS**

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## Music on the Mall

Justin Parrott practices his bass guitar on the Mall in Washington, D.C., with his son Lucas, 2. / GETTY IMAGES

## Limited. Obamacare expedited bidding of who could build site

The race to construct an online insurance exchange by Oct. 1 spurred the Obama administration to use an expedited bidding system that limited its choice of a builder to just four companies, including CGI Group.

Eighteen months elapsed after passage of the 2010 health care overhaul before CGI was selected to begin work, government documents show. That left the Montreal-based vendor two years to create a website, [healthcare.gov](http://healthcare.gov), designed to link consumers with insurers while drawing data from a variety of U.S. agencies.

The relatively short time frame for the work and the political controversy surrounding the law probably signaled the project was "doomed from the start," said Larry Allen, head of a McLean, Virginia, consulting firm. Now, CGI

### Software flaws

Initially, officials blamed the unexpectedly high numbers on the first day overwhelmed the system.

- Since then, the Obama administration has identified a number of software flaws that led to the problems, criticized CGI's handling of the work, named another software company to supervise their work and pulled in engineers from Google Inc., Red Hat Inc. and Oracle Corp. to help get the website working smoothly by the end of this month.

and the administration are sorting out what went wrong and how to fix the site by Nov. 30, when uninsured Americans will have weeks to sign up for coverage. **BLOOMBERG**

# Kerry says US-Saudi ties strategic, enduring

**Dispute.** Kerry also spoke about the Israel-Palestine peace process and on Egypt.

U.S. Secretary of State John Kerry on Monday played down any rift with Saudi Arabia, saying relations between the two countries were strategic and enduring and that both agreed negotiations were the only way to stop Syria's civil war.

Speaking at a joint news conference with Saudi Foreign Minister Prince Saud al-Faisal in Riyadh after talks with King Abdullah, he also said Washington would not let Iran acquire nuclear weapons.

The Syrian crisis could only end with "a negotiated political solution. This crisis will not end through military force in our judgment," Kerry said.



U.S. Secretary of State John Kerry listens to Saudi Foreign Minister Prince Saud al-Faisal speaking during a joint press conference Monday in Riyadh. / GETTY IMAGES

"A negotiated political settlement as laid out in the Geneva communiqué we believe is the best way to end the bloodshed, respond to the humanitarian crisis in Syria, to counter the violent extremist groups that we both agree are growing in their threat to all of us and must be

stopped," he added.

Saudi Arabia, Washington's main Arab ally, is angry over what it sees as a weak foreign policy on the part of the Obama administration which has allowed Israel to continue building settlements in the Palestinian territories and conflict to persist in Syria. **REUTERS**

### Militant's killing

**Washington is sensitive to Pakistan's concerns**

U.S. Secretary of State John Kerry suggested on Monday an attack that killed a Pakistani Taliban leader was justifiable but added Washington was sensitive to Pakistan's concerns, after Islamabad denounced the raid as a blow to peace talks.

Hakimullah Mehsud, who took over as leader of the al Qaeda-linked Pakistani Taliban in 2009, was killed on Friday, along with three others, in a U.S. drone strike in northwest Pakistan, security and Taliban.

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## Burqa. UK announces review after another terror suspect escapes

A Somali-born man who escaped from special police surveillance by disguising himself in a burqa has exposed shortcomings in the way Britain handles some terrorism suspects, prompting an embarrassed government to announce a review.

Mohammed Ahmed Mohamed, who is suspected of having links with Somali Islamist group al Shabaab, gave

authorities the slip last Friday by donning the full-length woman's religious garment while attending prayers at a London mosque.

It was the second time a terrorism suspect has absconded in the past 10 months and the main opposition Labor Party blamed new government rules it said made it easier for such people to evade surveillance. **REUTERS**

### Polio outbreak

## Syria says aid, vaccinations will reach all

The Syrian government promised to ensure delivery of vaccinations and humanitarian aid across the country after an outbreak of polio in the

northeast and warnings of malnutrition in areas under military siege.

Twenty-two children in Deir al-Zor province were left paralyzed last month. The polio virus has been confirmed so far in 10 of them, and experts say it could spread quickly. **REUTERS**

# In court, defiant Morsi says he is still Egypt's president



Pro-democracy protesters rally outside Egypt's Supreme Constitutional Court (SCC) yesterday in southern Cairo to denounce the Morsi's trial. / GETTY IMAGES

**Again.** It's the second time Egypt has put an ousted president on trial since 2011.

Ousted Egyptian leader Mohamed Morsi, given his first public forum since his overthrow in a trial where he could face execution, declared yesterday he was still Egypt's legitimate president and shouted: "Down with military rule!"

Morsi, an Islamist who was toppled by the army in July after mass protests against him, spoke with anger and passion, interrupting the first day of his trial repeatedly from his cage during an unruly hearing that the judge adjourned to Jan. 8.

State television aired brief footage of Morsi, the first public sighting of the president since he was overthrown in July. Morsi,

Egypt's first freely elected president, had been kept in an undisclosed location since then.

Inside the courtroom, anti-Morsi Egyptian journalists chanted "execution, execution" as the deposed leader did his best to challenge the authority of the court, shouting repeatedly at the judge whose legitimacy he said he refused to accept.

"We are in a state, not a (military) camp. Down down with military rule," said Morsi. "I am a witness that what is happening is a part of a military coup. I ask the Egyptian judiciary to not act as a cover for the military coup."

**REUTERS**

### Quoted

**"I am Dr. Mohamed Morsi. I am president of the republic."** Morsi

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## Betterment

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Jon Stein is the founder and CEO of Betterment.



Wish you could wave a magic wand and make your 401(k) a whole lot bigger? These three hacks come pretty close to working some magic. "Retirement is going to be long, and it's going to be expensive," says Liz Weston, author of "The 10 Commandments of Money." "You want to maximize every penny you're saving."

### Save (even a little) more

Any idea how much you're saving? The ideal amount is about 15 percent, says Weston, "but 20 percent is even better," given your longevity and likely medical expenses as you age. If that sounds like a lot to sock away each pay period, do it gradually and get the company match if possible. (Some companies throw in 50 cents for every dollar you save.)

### Reduce costs

#### One last thing

### Roll over your old 401(k)

If you have a 401(k) from an old employer, don't let it linger in limbo. You're likely paying high fees on that account. Roll it over into an IRA so you can resume saving.

Money expert Liz Weston advises saving 15 percent of your paycheck. /THINKSTOCK

New government rules require your 401(k) provider to show how much you're paying in fees. If your statement isn't clear, speak to a plan rep. Your "all-in" (total) costs should be no more than 1 percent per

year of your total balance — and ideally less. What to do now: If you're not invested in these already, switch to low-cost index funds, exchange-traded funds (ETFs) or even an inexpensive target-date fund.

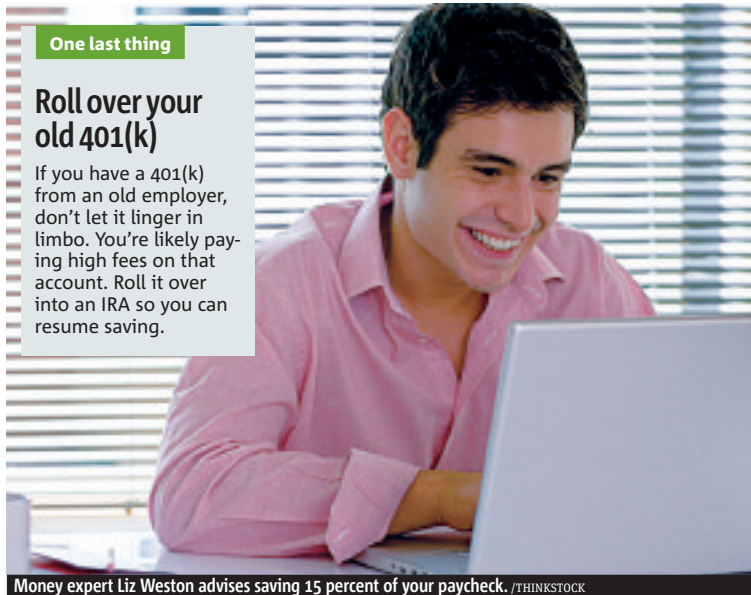
If these aren't offered by your plan, ask your employer why. "Many people don't realize that their employer has a choice in what funds they can offer," says Alex Benke, Betterment's CFP. If index funds

are available, you could do a lot worse than choosing a broad stock market fund (like an S&P index fund) and a bond index fund, if available, says Weston.

### Rebalance

What's the right balance of equities versus bonds in your retirement portfolio? Many people use the formula of 100 minus their age to decide the percentage of equities versus fixed income. Whatever you decide, that allocation will shift as the market moves. If you're 40 and started with a 60-40 allocation of stocks to bonds/cash, you could be at 70-30 now, which is a more aggressive allocation (i.e., you're taking on more risk for the possibility of greater returns). What to do now: To get back to your desired allocation, you may need to sell equities (in this case) and put more money into bonds. Rebalancing is crucial to keeping returns steady.

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## Not for sale. Financially plagued BlackBerry drops plan to sell itself

BlackBerry Ltd is abandoning a plan to sell itself, the major thrust of the rescue campaign crafted by the smartphone company's board, and said on Monday its chief executive will resign.

Unable to get a buyout offer for the company finalized after a strategic review that lasted more than two months, BlackBerry said it will instead raise about \$1 billion from its largest shareholder, Fairfax Financial Holdings, and other institutional investors.

The moves pushed BlackBerry shares sharply lower. They were down almost 13 percent at \$6.77 late on Monday morning on the Nasdaq. "Now we're back to the downward spiral," said BGC Partners analyst Colin Gillis. "They've got \$1 billion more cash that buys them

time. The drumbeat of negativity is likely to continue."

BlackBerry grew from a small technology startup into a multibillion-dollar company by pioneering on-the-go

#### By the numbers

# 13%

Decline in BlackBerry's shares late Monday morning on the Nasdaq

email. But it has lost much of its market share to Apple Inc's iPhone and devices that run Google Inc's Android software.

BlackBerry said Chief Executive Thorsten Heins will leave in about two weeks, as soon as the Fairfax-led private placement of convertible debentures closes. His interim successor will be John Chen, the former CEO of Sybase, a database software company that SAP AG acquired in 2010.

Chen stressed his experience as a turnaround artist in an interview with Reuters, where he also said he has no interest in shutting down BlackBerry's handset business.

Chen will also be BlackBerry's new executive chairman. He joined private equity group Silver Lake as senior adviser a year ago, but he said his involvement with BlackBerry has nothing to do with his ties to Silver Lake. **REUTERS**





# Five easy money-saving habits

**Money matters.** Stop wondering where all your cash is going and get rich with these easy tips.

Checking your bank balance doesn't have to result in panic and confusion. Everyday spending habits can add up, but keeping your wallet full doesn't mean you have to skimp on everything. Incorporating the following tips into your life will have you actually smiling next time you check your account.

**1 Track your spending.** Obsessively writing down every dime you spend may sound daunting, but apps like Pennies and Expensify make it simple, and doing it for just one month will really help you better understand where your paycheck is going. Pennies allows

users to track spending while showing how full — or empty — their bank account is after each transaction. It also tracks spending by category. You may be surprised how much you actually spend on food or entertainment until you actually see the numbers. Expensify helps users budget by syncing their credit cards and accounts. Users can also file receipts electronically, just by taking a photo.

**2 Think before you buy.** Make every purchase count by taking a minute to stop and consider how important what you're buying is. This works for everything from buying a bottle of water to bigger purchases. You'll appreciate what you do buy more and won't suffer from the dreaded "buyer's remorse." Out shopping? Redlaser, a free app for iPhone and Android, allows users to scan any item using a smartphone to see if it's possible to get a better

deal somewhere else.

**3 Exercise.** Hopping on a CitiBike or jogging in the park can actually save you money in the long run — no pun intended. According to Business Insider, people who exercise have lower health risks and avoid hefty doctors' bills more than those who don't. Even with a gym membership, people who are physically active save roughly \$500 a year on health care expenses, according to the World Health Organization.

**4 Remind yourself why you're saving.** If you are trying to save money for a Parisian vacation, make the City of Lights your computer background. Or if you're trying to save up so you can get your own apartment with no roommates, create a Pinterest board of what you want it to look like. Small sacrifices are easier to make when you keep the big picture in mind.

See more at [www.metro.us](http://www.metro.us)



Developing a few money-saving habits means you can wake up richer. / THICKSTOCK

## Tip #5

### Pick and choose your vices

If a \$5 morning latte habit gets you through the day, don't give it up. But it does mean you

may have to sacrifice some other indulgences, like packing a lunch instead of buying one each day. Forbes magazine recently reported that Americans

spend an average of \$1,000 a year on midday dining.

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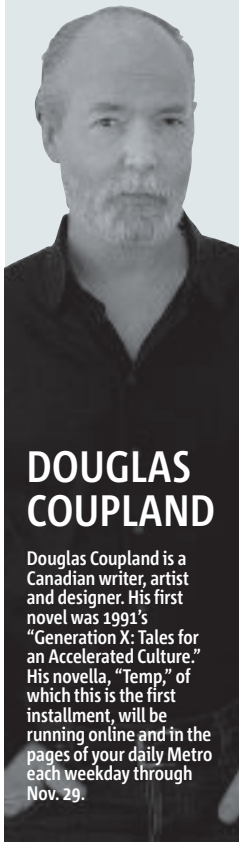


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Metro exclusive



## DOUGLAS COUPLAND

Douglas Coupland is a Canadian writer, artist and designer. His first novel was 1991's "Generation X: Tales for an Accelerated Culture." His novella, "Temp," of which this is the first installment, will be running online and in the pages of your daily Metro each weekday through Nov. 29.

# Day 2: Temp accepts a slightly random date for the company

Today was Thursday. In the future, every day of the week will be Thursday. We're all going to be working to the grave and we all know it so days of the week will be meaningless. I call it Permathurs — I just happened to see the future before most people. Permathurs isn't totally bad, but without the Internet it would be truly horrible.

My morning highlight was when Kyle the bike courier showed me his new forearm tat, a bleeding dagger, which sounds cliché but it was actually kind of hot, even though Kyle's not my type. Everyone in the office thinks we're some Big Item, and when we flirt everybody turns into gum-chewing zoo visitors staring at the chimp cage hoping something frisky transpires.

Then the day quickly went sideways. First, my daily ride home bailed on me — my sister, Amy,

who just landed a gig teaching yoga for teens at the now-empty Barnes & Noble on Route 34.

"Shanny, I hear buses are great these days. Like hotels, practically. You can blog about it — it's free content; you own your bus ride!"

Second, Kevin Taylor's and Andy Kimura's flight back from Beijing was grounded for a day because of a bird flu scare: scheduling mess. Third, there was a Norovirus outbreak at the Bunmeister during yet another

lunchtime farewell party.

At 4:30, while I was puzzling over how to bus it home, the Danimal hobbled up to my desk, obviously deeply regretting his Bunmeister's Cheesetastic Meatball-icious sub.

"Dan, maybe you need some of those superdrugs they give to people on cruise liners."

"Shannon, I need you to do some overtime for me — for the company."

Twice my regular hourly rate? "Sure. What is it?"

"I need you to take a

client out for drinks and dinner."

"What? No!"

"Shannon, here's the thing, all of us are dying and this guy has to be taken care of."

"Meaning?"

"Look, I'm not talking hookers and blow; I'm talking chicken fingers and 3-for-1 margaritas at Mister McFunbury's out by the off-ramp that takes you out to the oil refineries. This guy's not high up the food chain, but we can't not do something."

I stared him down.

"OK, one: a week of free taxi chits. Two: cash up front for the food — my cards are all maxed out. Three: drinks, dinner, dessert and good-bye. Two hours max."

"Agreed."

"Who is he, anyway?"

"I think he's the idiot son of one of the engineers who's disassembling one of our lines. Andy says he's the guy who inserts the harpoon so they can reel it all back to Asia."

"Sounds colorful. OK. I'm in."

TO BE CONTINUED...

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- The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
- I have cramps in my legs which always happen when I walk the same distance.
- My ankles are swollen most of the time.
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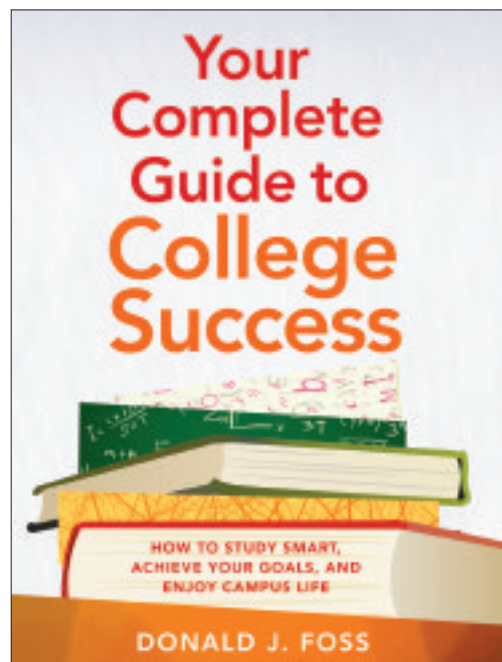
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# Higher ed mind games

**Study guide.** A new book has tools for college students hitting the books.



Developmental psychologist Donald J. Foss has been studying the mental gymnastics of learning comprehension for more than three decades. His latest book — “Your Complete Guide to College Success: How to Study Smart, Achieve Your Goals, and Enjoy Campus Life” — is an attempt to put accepted psychological research on learning into plain language for every college student. We asked him for his insight into how students can succeed.

## What's the biggest misconception students have about studying?

If there's one thing we know, it's that comprehension increases when you break it up over a long period of time. The best way to retain information is to study in small chunks, interwoven with other tasks. Yet, students are usually resistant to that idea. Most people would rather learn in one long sitting.

## How about differences in learning styles?

You hear a lot of students say, “The material isn't being presented in my learning style.” That may be true, but it's not a good predictor of how students do in any given class. It's pretty clear there are practices that seem to work for nearly every style.

## What makes a good study group?

If you can be honest with each other about how well you know the material, you're putting yourself on better footing. I find most students think they truly know the material as long as they can recognize the information. But that's like humming a tune when your job is to sing a song with lyrics and melody. If you can't explain the material to each other, it's better to find out in a group than on exam day.



**BRUCE WALSH**  
letters@metro.us

... But not least

## Making freshman year L.A.S.T.

Foss points out that Thanksgiving break presents a crucial decision for many college freshmen. It is well documented that, nationwide, roughly 10 percent do not return for the spring term. In his new book, “Your Complete Guide to College Success,” Foss has created a handy acronym — L.A.S.T. — highlighting the four primary obstacles to enduring the many traumas of freshman year.

**1 Loneliness and isolation** When students were asked to write about their greatest fears, Foss found this came up more than half the time. Getting out of your comfort zone and taking interest in a campus group is a key antidote.

**2 Alcohol abuse** It's still the most prevalent drug on college campuses. Yet, Foss points out, on



**DONALD J. FOSS** / BILL LAX

most campuses about 40 percent of students don't drink at all.

**3 Studying** Foss suggests that the time a student puts into studying should triple from their senior year of high school to their freshman year of college. Study partners can be a great asset in navigating these new expectations.

**4 Time management** Plotting out time for assignments on a calendar not only helps students complete the assignments, it also creates what Foss calls “time urgency.” Basically, you realize your time for any given assignment is limited, and that causes you to naturally increase your focus.



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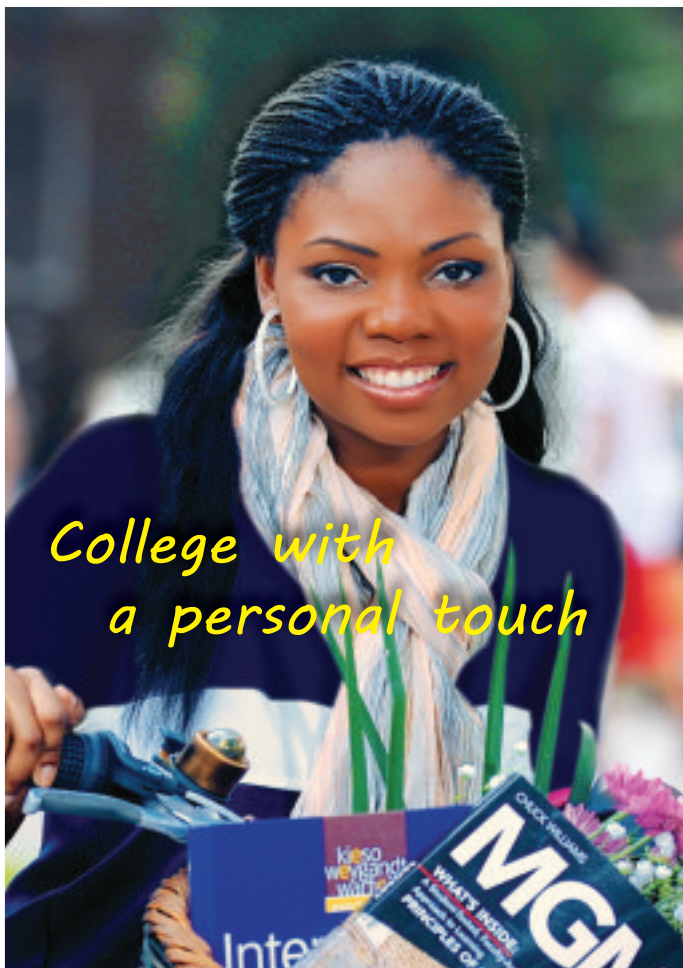
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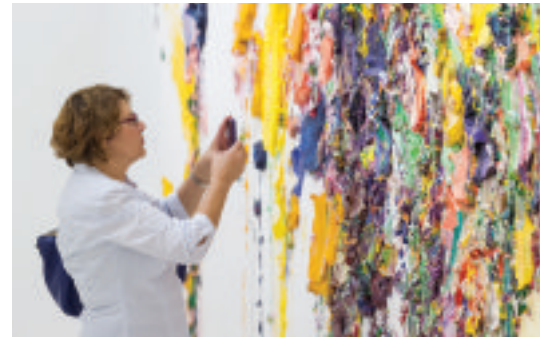
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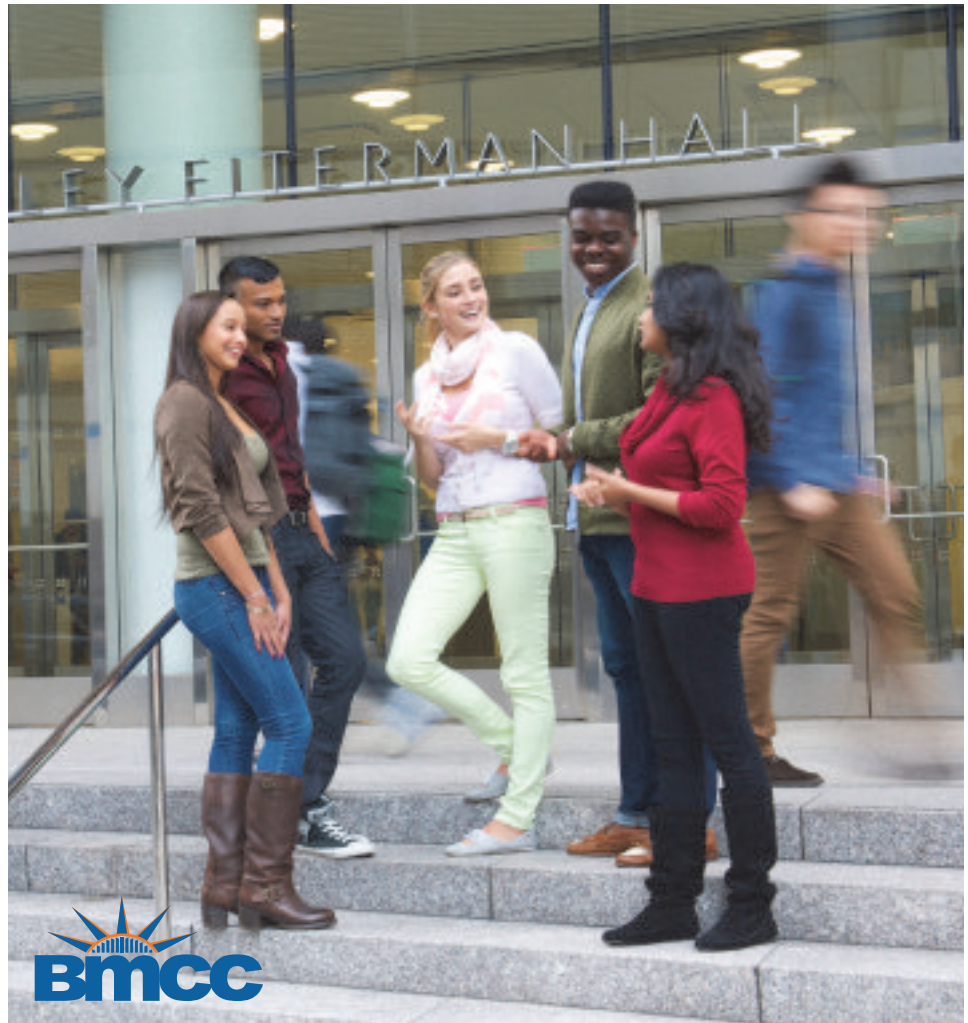
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## Pamela Anderson's post-marathon pain 1

Some marathoners can bounce back from a 26.2-miler like it was a walk in the park. Pamela Anderson does not appear to be one of them.

After her outing in Sunday's ING New York City Marathon, Anderson tweeted this pic, right, of herself covered in ice packs in bed. It's captioned, simply, "Ouch!"

I'm sure Anderson thinks the pain was worth it though: The "Baywatch" star, who ran the marathon with her brother Gerry, raised nearly \$76,000 for the J/P Haitian Relief Organization.

According to the marathon results page, Anderson finished the marathon in 5:41:03



Hang in there, Pammy! / TWITTER

— not bad for a 46-year-old lady who's used to running down beaches in slow motion. Several famous marathoners beat her though: Fellow beautiful person Christy Turlington bested her by nearly an hour with a time of 4:35:32, while "ER" and "Top Gun" star Anthony Edwards, visibly energized on the course by the cries of "Goose!" that New Yorkers shouted at him, crossed the finish line in 4:45:26.

Of course, the winner, Kenya's Geoffrey Mutai, could have finished the course twice before a single one of these celebs crossed the finish line. So Turlington shouldn't get a big head. **MELINDA TAUB**

## Michelle Pfeiffer was in a cult 2

Talk about dangerous minds. Michelle Pfeiffer says that in her early days in Hollywood she got sucked into a cult.

The future Catwoman moved to L.A. when she was 20 years old to break into show business and got pulled into the orbit of a couple she describes as "kind of personal trainers." The pair were believers in "breatharianism," the belief that people can survive with no food or water at all. They put her on a diet "no one could adhere to," Pfeiffer told the Daily Telegraph.

"They were very controlling. I wasn't living with them but I was there a lot and they were always telling me I needed to come more. I had to pay for all the time I was there, so it was financially very draining."

Pfeiffer was helping her first husband research a role in a film about the Sun Myung Moon cult when she realized she was in a cult herself.

Pfeiffer said she recognized the techniques used to draw her into the cult. "We were talking with an ex-Moonie and he was describing the psychological manipulation and I just clicked," she said.

Good thing she got out! I wonder if that couple is still operating their racket. There are an awful lot of actresses who look like they're adhering to breatharianism these days.

**MELINDA TAUB**



## CULTURE

### Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Joss Whedon cannot do karate, Roseanne Barr is worried, Alec Baldwin is also worried and Rebel Wilson is having trouble at home.

@josswhedon: If I could do karate I probably would

@TheRealRoseanne: the devil is strong in this world-

@ABFalecbaldwin: Can I back up my testosterone levels on iCloud?

@RebelWilson: I got HEAPS OF paper cuts today opening up a package of bathroom supplies. Such is life.

## THE WORD

Dorothy Robinson takes on the world of gossip.

**DOROTHY ROBINSON**  
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## Someone give Zellweger her old face back

Aye yi yi. Renee Zellweger, no stranger to plastic surgery, was looking mighty different this Saturday at a screening for the new movie, "Long Shot: The Kevin Laue Story." It could be she just didn't feel like doing her makeup. Or brushing her hair. Or wearing her old face.

Look. We've all been there. But still, this new pinched face looks dramatically different from her old pinched face, right? Why did she have to go and ruin a perfectly good thing?



### Talking points

#### Gaga is a single woman again

Lady Gaga and her "Chicago Fire" boyfriend, Taylor Kinney, have reportedly split up again, with Kinney citing her "insane workload" as an obstacle they can't get

past, according to the Sun. "Taylor has told her she's married to her career and he can't deal with dating Gaga the megastar," a source says. "He loves the cool down-to-earth girl but hardly gets to see her." Proving Kinney's point, Gaga reportedly wants to

address it — when she has a moment. "Gaga's hoping to meet up with Taylor when their schedules allow to talk things through," the source adds, but "Taylor told her they need time apart, and it's looking as if this might lead to a permanent split."

#### Parton offers Cyrus advice

Plenty of members of the music community have offered Miley Cyrus unsolicited advice on how she's presenting herself, but don't expect Dolly Parton to join the chorus.

"If she needs my opinion on something I will surely give it, and there have been times we've talked," Parton, who happens to be Cyrus' godmother, tells The Standard. "But I would never dream of calling her and saying, 'Well, why are you doing this?'"

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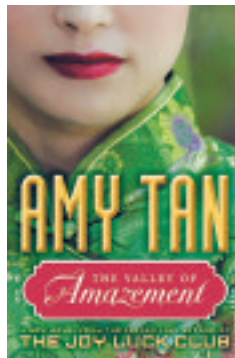
# Amy Tan on her raciest book yet



AMY TAN'S LATEST NOVEL  
WAS INSPIRED BY HER  
GRANDMOTHER.  
GETTY IMAGES

**Good reads.** A young courtesan comes of age in the midst of family secrets and betrayal.

It all started with a single photo. Amy Tan was flipping through an old family album when she came across a picture of her grandmother she hadn't noticed before. "She was wearing a tight jacket, pants and a headband," Tan remembers. Having read a book about Shanghai in the early 1900s, Tan recognized the garb as the uniform for courtesans, prostitutes with high-society clients. "Of course I was taken back by what this meant about my grandmother and I became very obsessed with the notion that she might have been a courtesan,"



#### Quoted

**"It's about the search for enduring love and what it means".**

Tan, on the theme of her new book, "The Valley of Amazement"

Tan says.

The book is not based on Tan's grandmother, but it did set the stage for her latest novel, "The Valley of Amazement," a story about an American woman and her daughter, who becomes a courtesan during

the overthrow of the Ching Dynasty.

Similar to Tan's book, "The Joy Luck Club," the mother-daughter relationship is a strong theme in her new novel. In the book, the mother betrays her daughter, Violet, by leaving her behind. This abandonment leaves a mark on Violet, who thirsts for an enduring love and is not able to fully forgive her mother. "I know what [this feels like] because it happened to my sisters," Tan says. "They were left behind from my mother when she came to the U.S., and although they longed for her and loved her, they never quite forgave her."

Violet's coming-of-age story is made more complicated when she discovers that she's half American, half Chinese. For Violet to learn she is biracial alienates her from both American privilege and Chinese community. For this part of the story, Tan again was inspired by her ancestors. "Both on my mother's side

and my father's side there were family members who engaged with English-speaking translators," she says.

"The Valley of Amazement" is Tan's raciest book yet; she had never written a sex scene. "I avoided including it, but my editor told me, 'This takes place in a courtesan house. You have to have sex.' ... Wives actually used to visit courtesan houses and pay money to learn what courtesans did with their husbands, so you knew something special was happening there," she says.

But more than sex, family and self-identity, the book is about betrayal and the age-old question of whether love can really conquer all. "Enduring love can come from a mother, lover, husband or child, but it's about the search for that type of love and what it means," Tan says.

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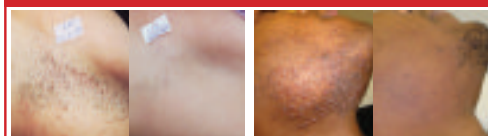
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# ROB DELANEY

The comedian talks being Twitter famous, performing stand-up and boobs.

## ONE FUNNY — 140 — CHARACTER

Rob Delaney is pretty famous. But he didn't get there by following the career trajectory of most comedians. Delaney became famous through Twitter, where you can find the 36-year-old doling out sharply witty jokes and morsels of ironic social commentary daily, in 140 characters or fewer. But Delaney is capable of being funny in long-form as well, as evidenced by his new book, "Mother. Wife. Sister. Human. Warrior. Falcon. Yardstick. Turban. Cabbage."

**Do you feel pressure to be funny with every tweet?**

I mean, I like to be funny,

but I wouldn't call it pressure because — wait, let me rephrase that. Yes, I do feel pressure to be funny, which I enjoy, because I like pressure. I'm one of those people that enjoy deadlines. I enjoy 140-character constraints, I enjoy going on stage in front of hostile people. I am damaged or tanked in whatever way makes me want to do those things.

**Is a positive response from a live audience more gratifying than a positive response to a tweet?**

Without question. Not even apples and oranges. It's like rotten apples and an amazing day at Caesars

Palace, from a Michelin blimp or something.

**What's the worst thing that's happened to you onstage?**

A woman flashed me at a show at a bar.

**That's the worst thing that ever happened?**

It stands out because she was drunk, she walked off the street and up to the stage, and just flashed her boobs at me and the audience, and it was like, "I like boobs and I want to see boobs," but that was so distracting. The audience was like, "Hey, boobs!" and it just took the show totally off the rails.

**Speaking of boobs, what's scarier, doing stand-up or having sex for the first time?**

Doing stand-up, because losing my virginity was with my girlfriend. It was a safe space. Stand-up was like, "What if they don't like me?" Probably my girlfriend liked me, but these people are like, "Make me laugh, jerk!" My girlfriend would try and stifle her laughter every time we had sex.



ALEXANDRA CAVALLO

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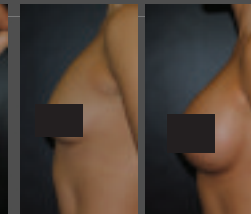
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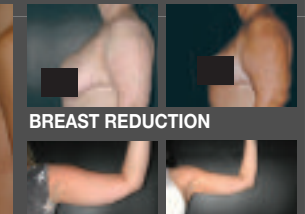
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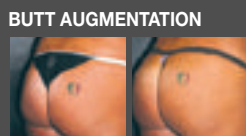


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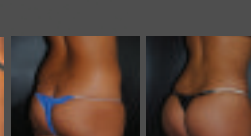


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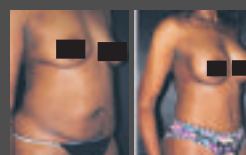
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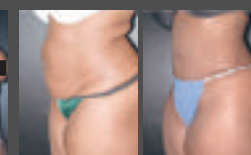
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# ASA BUTTERFIELD

"Ender's Game" star doesn't avoid the Internet.

## PLAYING WITH FIRE

for the most part in his young career ("The Boy in the Striped Pajamas" and "Hugo"), Butterfield

appreciates that it's not the size of the part that matters — something he picked up from "Glengarry Glen Ross," of all places.

**Isn't it a bit dangerous when you're in a movie to go around looking for stuff about it online?**

Obviously I've got to respect that, of course, other people are going to have opinions, but I think it's impossible to not read things on the Internet.

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other people's opinions influence you, if you enjoyed it and you think the film is amazing — which I think it is — as long as you think that, then sod what other people think, really.

### The Internet is famous for prejudging things, especially big Hollywood films.

Yeah, you're right. It's hard to not think about them and think, "Wow, that's a good point." But wait, why are they jumping to conclusions? They haven't seen this film that we shot. So I'm sure when everyone sees it that everyone will be pleased.

### How do you approach choosing roles as a young actor?

I sort of have a checklist of things. Of course you want the story to be brilliant, and if the story isn't interesting then — no, you want the story to be interesting, definitely. [Laughs] Don't do a film if the story isn't interesting, that's probably No. 1 on the list. And then, of course, you want your character to be

### Battling bigotry

### The author's views

The controversy over Orson Scott Card's take on gay marriage seems to have peaked well before the film's release. People seem to have moved on or forgotten about it for the most part.

"I hadn't thought

about it that way," Butterfield admits. "But it's sort of over now, and people have realized that the film is separate. We love the story, but we don't agree with the author's views. It's as simple as that. And so yeah, I'm glad that we can share it with everyone being open to it."

as interesting as possible and not just be there to fill in the gap.

### Are there any areas where you can compromise if need be?

For me, definitely one of the most important parts is the character. It may be a lead, it may be a supporting part, it may just be very little. But as long as you can make your mark on the film, then you've sort of done your job. And one of the films I always refer to when talking about this is — do you know the "Glengarry Glen Ross" film? Alec Baldwin comes in at the start and

pretty much just tells them to sharpen up. That scene — I mean that has one of the best pieces of acting I have ever seen. And it's his only scene in the film. I think it's definitely one of the most memorable scenes I've ever watched. So that's definitely something I reference when talking about this and how your character needs to have a purpose. You need to give all you've got to your character and let everyone else do their job.

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## TV watch list

## REALITY

## 'Dads'

Dudes, how has this show not been canceled yet? It's more than a little bit uncomfortable to watch Giovanni Ribisi squandering his considerable talents as an actor on this middling

sitcom about two douchey bros and their annoying, meddling dads. Tonight, the aforementioned bros (the other is Seth Green, squandering lesser talents) catch bedbugs — which sort of feels like some kind of metaphor for the way this show makes us feel in general: itchy. 8 P.M., FOX  
ALEXANDRA CAVALLO

# The Head and the



Josiah Johnson, far right, says that the band had time to put a lot more thought into their new album, "Let's Be Still." / CURTIS WAYNE MILLARD

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# Heart try to 'Be Still'

**Folk rock.** The Seattle sextet took their time with an excellent sophomore album.

If the sound that defined Seattle folkies The Head and the Heart's eponymous debut album can be described as grassroots, the story of the success that followed is even more so.

The sextet self-recorded and released the album, distributing it at local clubs and record stores, and relied on word of mouth to generate hype. It worked.

They went from playing the Seattle club circuit to opening for Vampire Weekend and being tapped by Dave Matthews to join him on tour in what seems like record time. "That was insane," says vocalist/guitarist Josiah Johnson, "but we didn't really have time to step back together and be like, 'It's all happening, guys.' You kind of just put your head down and keep going and going and going. [But] at some points, when we did have breaks, you sit back and say, 'Man, I didn't expect this much.'"

They didn't expect much of anything, according to Johnson. "I don't really consider the last time like recording an album," he says. "We were just kind of getting things down as

## Quoted

"For us, playing the shows was kind of part and parcel with writing songs. Once you write the song, the place that they exist most vibrantly is on stage."

Josiah Johnson

## If you go

### The Head and the Heart

Wednesday, 7 p.m.  
Webster Hall  
125 E. 11th St., sold out

quick as possible and kind of just creating something that we could burn and give to venues. It wasn't this 'I have a big picture of this album' thing."

He attributes a large part of the sound on their freshman effort — an organic, delicately melancholy marriage of stripped down strings and lovely, unadorned vocals — simply to having to make do with what they had.

"It's not really what we set out to write. That's not the only type of band that we are," he says, when asked if he ever worries about the band's direction, once the current wave of popularity of indie-folk re-

cedes and another genre takes its place. "One of the things that was really exciting about recording [the new album, "Let's Be Still"] is when you listen to this album it's not all reliant upon the stamping and clapping and the 'hey-ing,' because that's not what we set out to only be. The reason you might hear that on the first album is because we didn't have the time to sit in the studio. We only had our acoustic guitars and limited resources.

"I love that album, but that's not the only kind of music that we listen to; I think this band has a lot of directions it can go in."

One of those new directions is evident on "Let's Be Still," which is marked by a considerably more polished sound. This time, they've had time to put thought into what was indeed a "big picture thing."

"We recorded it at a studio that we recorded some stuff for the first record at," says Johnson. "Except, for the first we just did a big session in a room with a piano in three days and recorded everything else in a guy's living room. We spent a lot more time in the studio ... writing and jamming out, which is a luxury that you have when you have a record label helping you pay for it."



ALEXANDRA CAVALLLO

alexandra.cavallo@metro.us

## On performing

### Live vibes

They're first and foremost a live band. Their onstage energy is kinetic and they genuinely seem to be enjoying themselves.

"Some bands just want to sit in a room with a bunch of stuff and get the sound that they want, and then live shows are just, like, a necessary form of promotion," he explains. "For us, playing the shows was kind of part and parcel with writing songs. Once you write the song, the place that they exist most vibrantly is on stage. That's everyone's goal, to have a great, transcendent show. It's not just, 'Well, I guess I'll get drunk and I have to do this.' It's more than that to us."

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INTENT TO AWARD as a concession a sole source license agreement (Agreement) with Brooklyn Union Gas Company d/b/a National Grid, N.Y. (Licensee) for residual digester gas recovery operations at the Newtown Creek Wastewater Treatment Plant through the use of the National Grid Purification System (System), for one twenty year term.

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LOCATION: A draft copy of the Agreement may be reviewed or obtained at no cost, commencing on Thursday October 31, 2013 through Tuesday November 12, 2013, between the hours of 9:30am – 12:00pm and from 1:00pm -4:00pm, excluding weekends and holidays at the DEP offices, located at 59-17 Junction Blvd, 17th floor, Bid Room, New York, NY 11373.

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For tourists interested in a glimpse into Puerto Rico's rich colonial history, the cobbled streets of Old San Juan, founded in the 16th century, have plenty to offer.

Nestled in the heart of the colonial settlement is **Hotel El Convento**, a former convent that housed nuns in the 17th century. Guests are whisked into the old world by the building's Spanish-colonial decor; just steps away, pigeons flutter in one of the city's many plazas, and bells chime through the Cathedral of San Juan Bautista. Its romantic allure has made El Convento a top pick for destination weddings and honeymoons. Rooms overlook the hotel's open-air courtyard, Patio del Nispero, which was built around a 300-year-old tree. Lush plants add a lavish atmosphere to the newly renovated space, which serves authentic tapas and signature cocktails.

Speaking of booze, just blocks away the Global Warming cocktail steals the show at **Marmalade**. Though memorable, the drink is not for the faint of heart; a habanero chili-infused spherical ice cube

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Oceanfront rooms abound at La Concha. / MORGAN ROUSSEAU



Whoa, what a view: This is the skyline of San Juan at dusk.

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San Juan's picturesque plazas offer a plethora of activity for pigeon lovers. / MORGAN ROUSSEAU

in early 2014, including a new \$1 million spa in the Suite Tower.

If you find yourself there before then, however, do your body a favor and schedule a massage at **Euforia**. The spa, adjacent to the resort, truly lives up to its name with masseuses who make good on the promise to "take you on a trip, mami." Spring for a beachside rub down — salty and sultry.

With winter coming up, resorts are preparing

for the busy season; Puerto Rico tourism tends to heat up around Christmas and die down in April.

"We find that a lot of people come here to escape the cold," says Militza Orama, director of sales and marketing at La Concha. "It's close and convenient; if you're American, you don't even need a passport."



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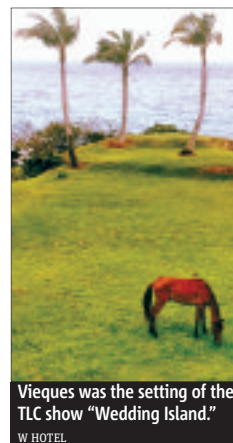
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Only a short flight away from mainland Puerto Rico lays the peaceful and untouched island of Vieques. The U.S. Navy used the island for military exercises through 2003. Today, the former Navy land is a national wildlife refuge.

Vieques offers the chance to completely unwind and explore nature on its azure-colored beaches, many of which still have their Navy-given names. Kayak tours through the world-famous Bioluminescent Bay are a must-do as well.

### Where to stay

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Vieques was the setting of the TLC show "Wedding Island."  
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### What to do

Kayaking isn't only a daytime excursion. Get ready to take a ride through one of the world's few bioluminescent bays. **Bieque Eco Trips** offers nighttime tours of the bay, also known as Mosquito Bay. This national natural landmark is the most famous bioluminescent bay in the world. A microorganism that lights up whenever the water is disturbed causes the luminescence. Rowing a paddle through the water leaves a trail of fluorescent blue. Enjoy the tour sans technology and leave your camera behind; this magical natural phenomenon cannot be captured in photos.

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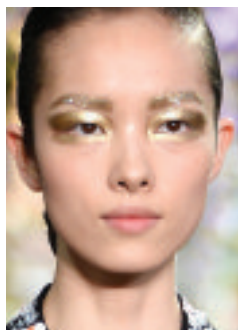


# Pulling off gold makeup

**Face.** The runways were filled with metallic, glittery eyes, brows and lips this year. For everyday wear, simply work in a hint of warm, sparkly hues to get that candlelit glow.

The gold makeup looks that dominated the spring/summer '14 shows were the beautiful kinds of flights of fancy that only work on a catwalk. You don't want to dazzle your colleagues with all your eye bling or crack a tooth on the metallic gold embellishments that fell off your bottom lip and landed in your granola.

"Gold makeup is incredibly flattering and works with all skin tones — pretty much everyone can [wear] a chocolaty bronze. It's



A Christian Dior model walks the runway at Paris Fashion Week. PASCAL LE SEGRETAIR, GETTY IMAGES

like adding sunlight to your face," says makeup artist Florrie White, who's worked with the likes of Blake Lively and Rosie Huntington-Whiteley.

She shows us how to play with the trend:

## Highlight your face

"A gold highlight — try the Smashbox Halo Highlighting Wand in Gold or NARS multipurpose stick in

Malibu — will give you that candlelit luminosity. Start with the inner corner of the eyes and the temples, this opens them up and takes away tiredness. Next, dab some on to the apple of your cheek so that it creates a fuzzy glow. Highlight the bridge of the nose for an extra spot of light and your cupid bow to create a fuller top lip."

## Warm your eyes

"Go for a blown-out, gold-bronze smoky eye by using a chocolate gold liner under the eye, like Charlotte Tilbury's eye pencil in Sophia. Really bring out the lash line by blending it down. Next, take a gold eye shadow, such as L'Oréal Color Infallible in Goldmine, and wash it all over the lid. Blend it out so that you get a warm glow behind the lashes. Enhance the look by adding a little bit of a darker eye shadow, such as Color Infallible in Sahara, in the eye sockets."

### Best face forward

## Finishing touches

**1** Frame the eyes by slightly grooming and filling in your eyebrows.

**2** Apply a glittery beige-nude on your lips. Besame Cosmetics' lipstick in Champagne works well.

**3** Make sure your mascara is combed through and that you don't get powder or cream stuck on the lashes, as this will take away from your lash line.

**4** Add some gold flecks to your face with NARS Orgasm Blush.



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### Three tips for dealing with anaphylaxis

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Some allergies can be life-threatening if they aren't be dealt with quickly and properly. Get a list of common allergic triggers and learn how to treat them at [Anaphylaxis101.com](http://Anaphylaxis101.com).

#### Tell school administrators

If your child has special food needs, make sure their teachers and other school workers know.

Twenty-four percent of anaphylactic reactions happen to children whose school workers did not know they had allergies.

#### Educate your kids

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**ANISA ARSENAULT**  
[letters@metro.us](mailto:letters@metro.us)

# 'MODERN' MOM ON A MISSION

**Parenting tips.** Julie Bowen makes dealing with kids' allergies a piece of (nut-free) cake.

Julie Bowen has always been a risk taker. During her high school days at St. George's School in Middletown, R.I., students dared one another to sneak down to the beach in the snow. Years later, she chose to keep running after tearing her hip labrum at mile 20 of a marathon training run. But the "Modern Family" star is not taking any risks when it comes to her son Oliver's allergies. She is teaming up with the Get Schooled in Anaphylaxis campaign, helping school communities to better understand and prepare for the potential consequences of life-threatening allergies.

Anaphylaxis is a rapid and severe allergic reaction to a particular trigger, such as a food or a bee sting. For Oliver, it was both. "He did have an anaphylactic reaction to peanuts and a bee sting," Bowen says. "I realized how easily I could have made a mistake, not knowing what his allergies were or what his triggers were," she says. "The 'what if?' keeps me up at night. That's why I'm involved with Anaphylaxis 101."

Anaphylaxis 101 aims to educate parents, kids

and school administrators about the allergic reaction so they know what to do when a problem occurs. In spite of her precautions with Oliver's diet, Bowen notes there have been close calls.

"We were out as a family at a beautiful hotel with a buffet," she says. Although a basket of muffins was labeled "nut-free," Bowen's internal mom-voice told her to take a bite first. "That nut-free muffin was loaded with walnuts," she says. "It could have been a very bad day for all of us. We would have had to use the epinephrine injector. We would have had to go to the ER, because by the way, when you do the epinephrine injector, you still go to the hospital. And that's another reason you need to have two! Because guess what? The hospital might be really far away."

All of this foresight and preparation helps Bowen and her family to relax. "I have three really active boys. One of them happens to have food allergies. Because we have a plan, because we know the signs and symptoms; because we are aware, we live a totally normal life," she says.

Part of the plan is teaching kids to read labels. Kids can also follow "The Adventures of Ana and Phyl Axis" and learn how to avoid allergens online at [Anaphylaxis101.com](http://Anaphylaxis101.com). Bowen narrates the clever and adorable free e-book.



"MODERN FAMILY" STAR JULIE BOWEN KNOWS A THING OR TWO ABOUT KEEPING CALM DURING A PARENTING CRISIS.

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# How much tech is too much for kids?

## Child-proof entertainment.

New research says giving your child an iPad will not make him or her smarter.

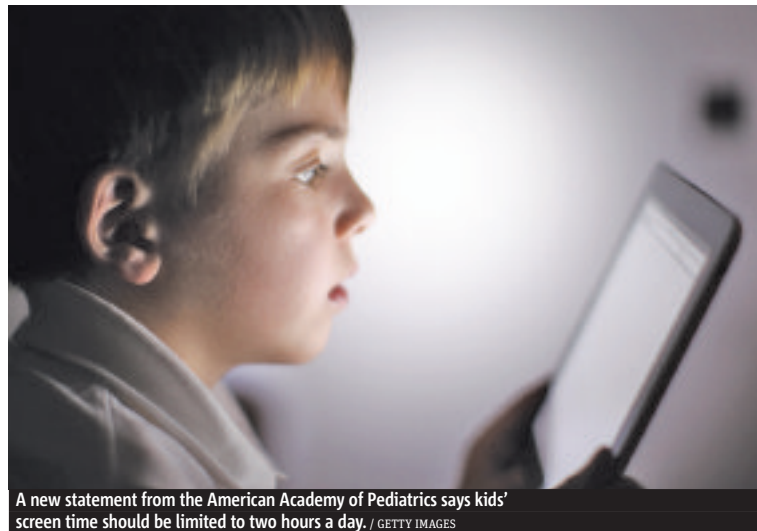
As parents, it's natural to want to do what's best for your kids and give them everything you can. Many think giving their little ones fancy tech toys like smartphones and tablets will give them a leg up in school. But new recommendations from the American Academy of Pediatrics suggest otherwise.

The statement says children should have no more than two hours of entertainment-based screen time per day. Considering the average 8-year-old spends an average of eight hours in front of a screen a day, these new guidelines could spark big lifestyle changes for some families. "Many parents are clueless about how much media their kids use and what they're seeing, [including] online, on TV and on movie screens," says Victor Strasburger, the lead author of the policy.

### Quoted

**"There is absolutely no evidence that earlier exposure to new technology makes kids smarter or do better in school."**

Victor Strasburger, lead author of the AAP policy



A new statement from the American Academy of Pediatrics says kids' screen time should be limited to two hours a day. / GETTY IMAGES

According to the AAP, too much entertainment screen time — defined by Strasburger as time in front of a computer, TV, movie or video game — has been linked to increased violence, cyberbullying, sleeping problems and difficulties at school. "There is absolutely no evidence that earlier exposure to new technology makes kids smarter or do better in school," says Strasburger.

Linda Morgan, parenting expert and author of

"Beyond Smart: Boosting Your Child's Social, Emotional and Academic Potential," came to the same conclusions. "Parents need to be involved and they need to know what their kids are watching," Morgan says. Her biggest tip is to keep TVs and computers out of kids' bedrooms. Keeping computers and TVs in a communal area makes it easier to monitor what your kids are watching.

Helping your kids' academic and social well-being from a young age is easier than you may think. Morgan says reading with your kids and simply talking to them goes a long way. "It's very old-school and very, very powerful," she says.

EMILY LAURENCE  
emily.laurence@metro.us



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## Horoscope

**♏ Scorpio | Oct. 23-Nov. 21.**  
Express the way you feel. The way you deal with others will show what kind of person you are and will result in opportunities.

**♐ Sagittarius | Nov. 22-Dec. 21.** Solidify your financial picture by collecting or paying off a debt. Taking care of money matters will ease your stress. A clean slate will facilitate changes.

**♑ Capricorn | Dec. 22-Jan. 20.** Restlessness must be dealt with wisely. Instead of making an impulsive move, concentrate on developing a better way.

**♒ Aquarius | Jan. 21-Feb. 18.** Work quietly on your own, where you can accomplish the most. A move will help a work-related situation.

**♓ Pisces | Feb. 19-March 20.** Revisit your current strategy, and you'll find a flaw that can offset a financial loss. Feel confident that you have taken care of every detail.

**♈ Aries | March 21-April 20.** Don't question what others do; just make sure that you take care of your responsibilities. Your need to make changes must be monitored.

**♉ Taurus | April 21-May 21.** Forming a partnership will help you accomplish twice as much. Learn while you go, and you will make headway.

**♊ Gemini | May 22-June 20.** Listen carefully and ask questions. Someone is likely to hide information. Don't waste time getting angry.

**♋ Cancer | June 21-July 22.** You've got plenty to contribute; voice your opinion and reach out with suggestions, questions and whatever else you can offer. It's a good day to make some gains.

**♌ Leo | July 23-Aug. 22.** Choose company carefully. Someone will want to join you, and someone will complain. Don't labor over what to do.

**♍ Virgo | Aug. 23-Sept. 22.** Discuss your plans and consider your options. Don't let personal matters cloud your vision. Question anyone who's playing emotional games with you.

**♎ Libra | Sept. 23-Oct. 22.** A last-minute change of plans can be expected. Choose the path of least resistance. Don't fold under pressure. **BERNICE BEDE OSOL**

## Sudoku: Easy and hard

3							6	
	7	1	8	6	4	9		
	6	9		7				
				2	1			5
		2		4		6		
1			5	3				
				8		7	3	
		4	7	9	3	5	2	
	2							1

				3		4		
			4		1	9		6
9	4		5	6				7
	6			9			2	
3				1				9
	5			4			8	
1				5	4		6	3
5		4	9		6			
		6		7				

**How to play**  
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Crossword

## Across

- 1 Half of DJ
- 5 — in the bucket
- 10 Sampras of tennis
- 14 Ms. Rudner
- 15 Show "Gunsmoke" again
- 16 Like good cheddar
- 17 Yul's film realm
- 18 Heavy-metal rockers (2 wds.)
- 20 Blow, as a volcano
- 22 Prime
- 23 Souvenirs
- 25 Get wind of
- 26 Where Alph the sacred river ran
- 27 Crumpet companion
- 28 Exploits
- 32 Wheels for the fields
- 33 Process ore
- 35 Transmitted
- 36 Homonym of sea
- 37 Wis. neighbor
- 38 "Norma —"
- 39 Almost fall
- 41 Dispense
- 43 Mocking comment
- 44 Fjord port
- 45 "— the Force be with you!"
- 46 Usher in
- 48 Give credit
- 50 Masculine
- 51 Temper, as glass

## Down

- 54 Worn out
- 55 Pernicious weed
- 57 Upscale singer?
- 61 Bone below the elbow
- 62 Taxpayer's dread
- 63 Sooner city
- 64 Oodles (2 wds.)
- 65 Substantial
- 66 Hurry
- 31 Knight's mount
- 34 La Scala city
- 40 Dogpatch's Lonesome —
- 41 Dental filling
- 42 Parched
- 43 Football player
- 47 Before
- 49 Sturdy tree
- 50 Call on
- 51 Soft color
- 52 Empty, in math
- 53 Prefix for second
- 54 "Hooray for me!" (hyph.)
- 56 Street in Paris
- 58 Be — — rush
- 59 "Old" London theatre
- 60 "Orange" or "stock" ending

## Yesterday's answer



## Letters

## Thanks for men's health articles

Hey, I noticed that recently you've been writing articles about men's health and I wanted to say thank you.

**EVAN RUNG, VIA EMAIL**

## GOP has been vocal indeed

**Re: 'Government: The Newest Charity Case' (Metro, Nov. 4)** Who's to blame? The GOP? Seriously? No one really spoke out? Where have you been these last five years? The GOP, most notably the Tea Party Republicans, have been screaming at the top of their lungs trying to overturn it and then try to defund it! It has just been falling on deaf ears, including YOUR deaf ears too. You obviously voted for Obama — TWICE, and are now trying to shift the blame on the Republicans for not trying hard enough to stop

it. Hopefully, laryngitis will be protected under Obamacare as a pre-existing condition for all the yelling of, "We told you so, we told you so!"

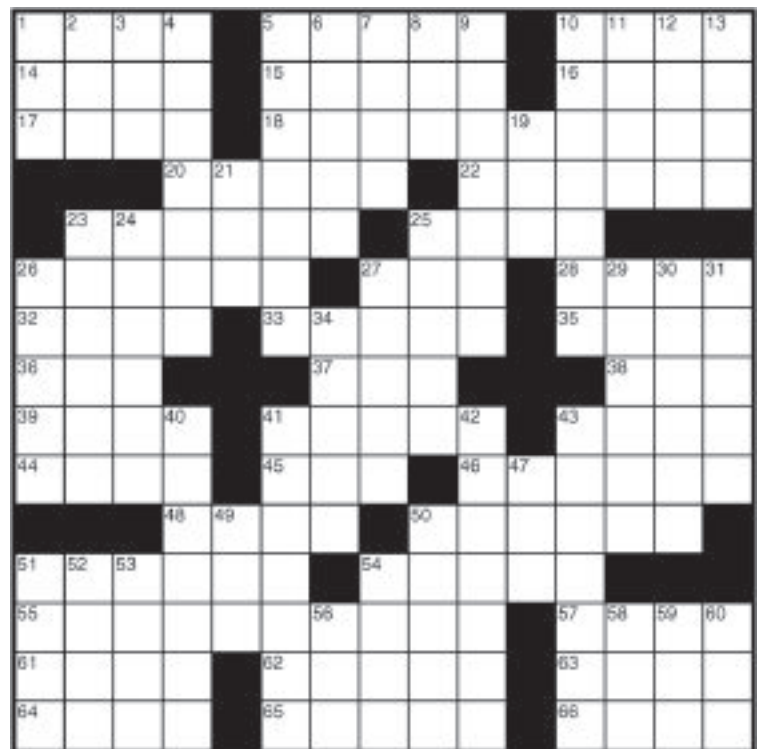
**RICHARD RIZZA, VIA EMAIL**

## Vote!

Today is Election Day and it is the day on which all good Americans should step up and vote for the candidates of their choice who they believe can both serve the city, state and local communities. There are those who say that "my vote doesn't count" or "the candidates will maintain the status quo of the rich and powerful, and line their own pockets." Well, there are those who are running for public office who want to make a difference and honestly want to help those who are hurting. That is not going to happen if we don't vote. **FREDERICK R. BEDELL JR., VIA EMAIL**

## letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.





# Jets players hoping Ryan gets contract extension

**NFL.** After a shocking win over New Orleans, players want their head coach to be re-signed now.

This was supposed to be Rex Ryan's final year, the season that saw the Jets head coach on his way out after so much promise.

The Jets weren't supposed to be average, let alone good, with them broadly predicted in pre-season to be the worst team in football. Instead, the Jets are 5-4 after Sunday's 26-20 win over the NFC South-leading Saints.

And Ryan just might be lining himself up for a contract extension if his locker room gets its wish.

"I do [want him back],"



Rex Ryan was all smiles after an impressive victory over the Saints on Sunday. / GETTY IMAGES

## Quoted

**"The way he has coached us with that swagger — with that belief — you have guys in here starting to believe in him."**

Austin Howard, Jets tackle, on Rex Ryan's coaching job this season

guard Willie Colon told Metro. "When I got here, the team had been through a lot. I think now you're starting to see guys mingle together, guys coming together. This is a young team and you see

them growing up. This team is on the up and up and guys understand what Rex is saying, that we're only going to do this thing together."

Colon called Ryan a "mastermind coach" who understands this team inside and out.

At no point, according to the players in this locker room, has Ryan made this season about himself or keeping his job. Instead, he has spoken with his team about defying expectations.

"Our job is incomplete. We have a long way to go. We have seven games left in the regular season," Ryan said. "I've said it isn't about me, it is about who we play next and getting ready to go."

**KRISTIAN DYER**

[sports@metro.us](mailto:sports@metro.us)

# 3

## SPORTS

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Find video and recap of every Jets and Giants game the following day at: [Metro.us/sports](http://Metro.us/sports).

## Still no decision

### Jets holding off on discussing Smith's future

Geno Smith is the Jets starting quarterback for the rest of this season, but the future is far

from written in stone for the rookie.

"You just have to watch it play out," general manager John Idzik said. "I'll say this: The quarterback competition is not like any other position.

Competition will help us get better. ... I'm not looking that far in advance. The way we handled Mark [Sanchez] and his rehab [from shoulder surgery], we're staying the course that way." **KRISTIAN DYER**

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# Giants return from bye with new focus

**NFL.** New York says they won't be relying on the Eagles' tape when facing the Raiders.

The Giants officially ended their mid-season vacation on Monday, anxious to get back to work as they try to find a way back into the NFC East race.

Riding a two-game winning streak, Big Blue has the Raiders — a team coming off a 49-20 blasting by the Eagles — next on the schedule.

And while that may seem like easy pickings for a Giants' team that is feeling good about itself lately, quarterback Eli Manning cautioned that the Raiders (3-5) will be

looking to rectify their ills.

"It's usually the way it works out. Each week is different, so what happened to a team the week prior you can't assume that'll automatically happen again [because] that's usually not the case," Manning said. "They usually come out with something to prove and come out with a better performance. They have a talented defense so we need to be prepared and expect their best effort."

The Raiders' effort on Sunday wasn't good enough as Eagles quarterback Nick Foles lit them up for an NFL record-tying seven touchdown passes — in just three quarters of work. Manning said while he didn't see the highlights of that game, he heard about them. He added he's hesitant to say whatever the Eagles did will automatically work for them, noting that each personnel matchup and every scenario is different.

"You have to run your offense. You can't look at a play that [the Eagles] ran and say, 'Oh, we gotta run that play,'" said Manning. "You might get a different defense or response, so you just have to run what you're comfortable with and know that you must execute whatever is called."

Coughlin seemed pleased at the progress made by his squad, as they've cut down on turnovers and haven't blown as many assignments — and most importantly still



Tom Coughlin wished John Fox, the current Denver head coach and former Giants staff member, best wishes as he undergoes heart surgery this week. / GETTY IMAGES

## Quoted

**"I worry about [the stress], but when you sign up for [the job], it kind of goes along with it unless somehow the competitive aspect of the game changes."**

Tom Coughlin, Giants coach  
On his reaction to the recent hospitalizations of fellow coaches John Fox and Gary Kubiak

possesses a competitive edge and focus, if Monday's practice session was any indication.

"We evaluated offense, defense, special teams and then all of the individual aspects coaching-wise," said Coughlin. "We need to play better. And we need to win more. That's the dramatics. ... But it's good to be back. Glad to be working [and] anxious to get to the eight-game season that we have."

**TONY WILLIAMS**  
sports@metro.us

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## Captain comeback

### Callahan back for Blueshirts

The Rangers' captain is back from injury.

Ryan Callahan returned from a broken thumb Monday night against the Ducks.

Callahan, who last played Oct. 16 in Washington, said he was "100 percent" after the morning skate.

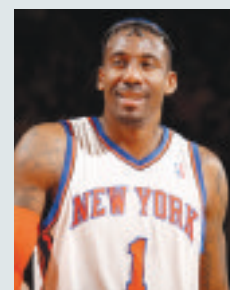
METRO

## Getting help, 'Stat'

### Stoudemire to face Bobcats

The Knicks will get power forward Amar'e Stoudemire back in the lineup tonight. He missed Sunday's game against Minnesota for precautionary reasons.

But head coach Mike Woodson still only plans to play the veteran 10 minutes per night. **METRO**



Stoudemire had offseason knee surgery — his third in a year. / GETTY IMAGES



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